

Abstract of Disclosure

A compact self-ballasted fluorescent lamp has an arc tube in a double-spiral configuration, the arc tube being formed by bending a glass tube around an axis of spiral up to both ends of the glass tube, and a holder that is made of resin and holds this arc tube. Electrodes, each being equipped with a filament coil, are sealed at respective ends of the glass tube. The holder is made up of a holding resin member with a cylindrical shape having a closed bottom and a resin cover in a cone shape, the holder including a circumferential wall and an end wall that is at the edge of the circumferential wall. A heat-dissipating plate is provided inside the holding resin member, at a position corresponding to where the filament coils within the glass tube are.